Antioch First 5 Center

# Antioch First 5 Center
## November 2026

300 H Street Antioch, CA 94509 ● (925) 301-4052

first5coco.org @antiochfirst5center

Center Operation Hours
Monday-Friday 8:00-5:00
Saturday 8:00-1:00

***Must be enrolled during the designated enrollment period to attend class. Limit one class per child***

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|
| **2**<br>Day of the Dead Celebration<br>**Session Begins**<br>Down on the Farm (3yrs) 9-10<br>Caminos de Apoyo Spanish (Adults) 9:30-11<br>Wiggly Ones (1yr) 11-12<br>Ready, Set, Learn (4-5yrs) 2-3<br>Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30<br>*Great Dads Social Club (Adults) 4-6* | **3**<br>Terrific Toddlers Group A (2yrs) 9-10<br>Terrific Toddlers Group B (2yrs) 11-12<br>*Food Distribution (Adults) 11-12:30*<br>Seasonal Crafting with My Child (3-5yrs) 3-4<br>*Dad Lives Series (Adults) 4:30-5:30* | **4**<br>Curious Ones (1yr) 9-10<br>Healthy Meals & Recipes (Adults) 10-11<br>Songs, Stories and Signs at Oakley Library (3-5yrs) 10:30-11:30<br>*Melanin Chat Group (Adults) 11:30-12:30*<br>Colors (2yrs) 1:30-2:30<br>Songs, Stories and Signs at Prewitt Library (3-5yrs) 3-4<br>Growing Creatively (2-3yrs) 3-4 | **5**<br>Danzability (3-5yrs) 9-10<br>Bridge to Kindergarten (4-5yrs) 10:30-12:30<br>Road Map to Kindergarten (Adults) 10:30-12:30<br>Count with Me (3yrs) 2-3 | **6**<br>Nat. Nachos Day<br>Tummy Time (6-12mo) 9-10<br>Sensory Play (3yrs) 11-12<br>Scissor Skills (4-5yrs) 1:30-2:30<br>*Cultural Heritage Decoration Hour (All Ages) 3:30-4:30* | **7**<br>*Dad & Me Time Drop In (2-5yrs) 9-10* |
| **9**<br>Down on the Farm (3yrs) 9-10<br>Caminos de Apoyo Spanish (Adults) 9:30-11<br>Wiggly Ones (1yr) 11-12<br>Ready, Set, Learn (4-5yrs) 2-3<br>Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30 | **10**<br>Terrific Toddlers Group A (2yrs) 9-10<br>Terrific Toddlers Group B (2yrs) 11-12<br>*Parent Café (Adults) 11-12:30*<br>Seasonal Crafting with My Child (3-5yrs) 3-4<br>*Dad Lives Series (Adults) 4:30-5:30* | **11**<br>Veterans Day<br>**CLOSED** | **12**<br>Danzability (3-5yrs) 9-10<br>*Coffee with the CRS (Adults) 10-11*<br>Bridge to Kindergarten (4-5yrs) 10:30-12:30<br>Road Map to Kindergarten (Adults) 10:30-12:30<br>Count with Me (3yrs) 2-3 | **13**<br>Tummy Time (6-12mo) 9-10<br>Sensory Play (3yrs) 11-12<br>Scissor Skills (4-5yrs) 1:30-2:30 | **14**<br>*Fall Art Drop In (2-5yrs) 10-11:30* |
| **16**<br>Down on the Farm (3yrs) 9-10<br>Caminos de Apoyo Spanish (Adults) 9:30-11<br>Wiggly Ones (1yr) 11-12<br>Ready, Set, Learn (4-5yrs) 2-3<br>Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30 | **17**<br>Terrific Toddlers Group A (2yrs) 9-10<br>Terrific Toddlers Group B (2yrs) 11-12<br>*Food Distribution (Adults) 11-12:30*<br>Seasonal Crafting with My Child (3-5yrs) 3-4<br>*Dad Lives Series (Adults) 4:30-5:30* | **18**<br>Curious Ones (1yr) 9-10<br>Healthy Meals & Recipes (Adults) 10-11<br>Songs, Stories and Signs at Oakley Library (3-5yrs) 10:30-11:30<br>Colors (2yrs) 1:30-2:30<br>*Potty Training Workshop (Adults) 2:30-3:30*<br>Songs, Stories and Signs at Prewitt Library (3-5yrs) 3-4<br>Growing Creatively | **19**<br>Danzability (3-5yrs) 9-10<br>Bridge to Kindergarten (4-5yrs) 10:30-12:30<br>Road Map to Kindergarten (Adults) 10:30-12:30<br>Count with Me (3yrs) 2-3 | **20**<br>Tummy Time (6-12mo) 9-10<br>Sensory Play (3yrs) 11-12<br>Scissor Skills (4-5yrs) 1:30-2:30<br>*Bilingual Story Time with a Librarian (All Ages) 3-3:45* | **21**<br>*Fall Story Time & Art Drop In (2-5yrs) 10-11:30* |
| **23**<br>Caminos de Apoyo Spanish (Adults) 9:30-11<br>Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30 | **24** | **25**<br>**CLOSED** | **26**<br>Thanksgiving<br>**CLOSED** | **27**<br>**CLOSED** | **28**<br>**CLOSED** |
| **30**<br>Caminos de Apoyo Spanish (Adults) 9:30-11<br>Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30 | | *Native American Heritage Month | Christmas/ /Stone Soup/Kanaza/All Saints Day/Diwali/Feast of the Day of the Virgin Guadalupe/Veterans Day/ | **Scan the QR code to Enroll -→** | |

Character Spirit Week

**Food Pantry, Clothing Swap & Free Book Swap Always Available During Open Hours

# *Antioch First 5 Center*
# *Class and Event Descriptions*
# *November/December 2026*

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In partnership with: FIRST 5 CONTRA COSTA, Aspiranet HOPE FORWARD

**Down on the Farm– Mondays**

**(In person) 3yrs**

In this class children and families will learn about the different aspects of a farm. Families will be given opportunities to discuss and explore what a farm is, who works on the farm and why farms are important for everyone.

**Caminos de Apoyo Spanish- Mondays**

**(In person) Adults**

Objective: To understand and maintain a safe approach that allows us to help participants understand, heal, and empower themselves in a safe and supportive environment.

**Wiggly Ones- Mondays**

**(In person) 1yrs**

This art and movement class will help your child build fine motor skills, hand/eye coordination, emotional skills, problem solving, intellectual skills, creative thinking when executing a project, and learning how to follow directions.

**Ready, Set, Learn– Mondays**

**(In person) 4-5yrs**

This class will help children build skills such as fine motor, listening and problem solving. Parents will gain insightful information about the desirable readiness skills that will help their child get off to a good start when they begin school.

**Count & Match with Ms.Bernice– Mondays**

**(In person) 3-5yrs**

Parents and caretakers will explore and engage with their children in a fundamental way of learning and matching numbers and colors while children enhance their memory skills through using everyday materials.

**Terrific Toddlers - Tuesdays**

**(In person) 2yrs**

Kids will explore the world through their senses. Focusing on the process, not the product, as children discover colors, textures and sounds through art.

**Seasonal Crafting With My Child - Tuesdays**

**(In person) 3-5yrs**

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Come and join us for a fun and creative class. In this class you and your child will engaged and do different seasonal crafts activities.

**Curious Ones- Wednesdays**

**(In person) 1yrs**

Curious Ones is a fun, hands-on class where children explore, experiment, and discover the world around them. Through engaging activities, science, art, and imaginative play, little learners build creativity, critical thinking skills, and a lifelong love of learning!

**Healthy Meals & Recipes - Wednesdays**

**(In person) Adults**

Healthy Meals & Recipes is a fun, interactive workshop that teaches participants how to prepare nutritious, delicious, and budget-friendly meals for themselves and their families. Participants will learn practical meal-planning tips, explore healthy ingredient choices, and discover simple recipes that support better health and overall well-being.

**Songs, Stories and Signs at Oakley & Prewitt Library-Wednesdays**

**(In person) 3-5yrs**

In this class we will read stories and sing songs that will help build a love for literacy while learning some signs to go along with the books and songs. This will help encourage communication skills in a variety of ways.

**Growing Creatively - Wednesdays**

**(In person) 2-3yrs**

In this class families will have the opportunity to learn about ways to support the development of their child's growth physically, socially and emotionally for a positive relationship and outcome for the future.

**Danzability - Thursdays**

**(In person) 3-5yrs**

In this class children and families will get a chance to explore different types of dance from all around the world for any abilities. This class will be offered bilingual and will engage families to explore their physical skills through movement.

**Bridge to Kindergarten - Thursdays**

**(In person) 4-5yrs**

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Children and parents will begin to learn the skills that will be necessary to be ready for school. Activities will directly coincide with the California standards for kindergarten. This class begins in the Fall and continues through the spring.

**Road Map to Kindergarten - Thursdays**

**(In person) Adults**

This class is designed to help parents prepare for their child's transition to Kindergarten. Parents will receive a Road Map of the year that will help increase their knowledge of child development and school readiness. This class begins in the Fall and continues through the spring.

**Count with me - Thursdays**

**(In person) 3yrs**

A fun, hands on class where little learners explore numbers, counting, and early math concepts through games, songs, and playful activities. Children will build number recognition, develop problem solving skills, and discover that learning math can be exciting!

**Tummy Time - Fridays**

**(In person) 6-12m**

This class will give you the opportunity to spend some time with your child doing tummy time. Tummy time helps to strengthen muscles in the neck, back, arms, shoulders, and legs. You will get the chance to connect with other families while participating in various activities.

**Sensory Play - Fridays**

**(In person) 3yrs**

In this class, we will work on age-appropriate multi-sensory activities that are designed to encourage toddlers with their tactile, visual, and auditory stimulation.

**Scissor Skills - Fridays**

**(In person) 4-5yrs**

Children develop fine motor skills and learn to use scissors safely and confidently. Through creative cutting activities and crafts, little learners will strengthen hand coordination, improve precision, and build skills that prepare them for writing and other classroom activities.

**Dad Lives Series- Tuesdays**

**(In person) Adults**

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Dad Lives Series is a fatherhood workshop designed to help dads strengthen their parenting skills, build healthy relationships with their children, and navigate the everyday challenges of fatherhood. Participants will gain practical tools, share experiences with other fathers, and learn strategies to become more confident, involved, and supportive parents.

**Great Dads Social Club**
**(In person) Adults**
Great Dads Social Club is a welcoming workshop designed to bring fathers together to build friendships, share experiences, and strengthen their parenting skills. Participants have an opportunity to discuss fatherhood, family relationships, communication, and the challenges and rewards of being a dad. The group encourages fathers to support one another by sharing ideas, advice, struggles, and successes in a positive and judgment-free environment. Together, dads will build stronger connections, develop practical parenting tools, and create a supportive community dedicated to being great fathers.

**Food Distribution**
Join us to pick up food for your family to help stretch the budget. This is an opportunity to obtain supplies and talk about other ways to feed your family.

**Melanin Chat Group**
**(In person) Adults**
Our support group is a safe space for People of Color to discuss unique racial and cultural experiences and provide connection and healing through peer support.

**Parent Cafe**
**(Virtual) Adults**
Parent Cafe engage parents/caregivers in meaningful conversations about what matters most – their family and how to strengthen that family by building protective factors.

**Gift Wrapping Corner – December 10**
**(In person) Adults**
Come with your gifts for a place to sit with others getting your gift wrapping done without little people around. We will supply the snacks, conversation and some gift wrapping supplies.

**Virtual Coffee with the CRS, Adults**
Join the CRS to learn about available resources in the community and to discuss home

safety topics. This is a bilingual virtual workshop with our community resource specialists.

### Virtual Potty Training, Adults

This workshop will give parents information to assist in potty training their child. Topics of this workshop will include preparing for potty training, signs of readiness from your child, ways to positively reinforce your child and possible setbacks.

### Saturday Drop-In Classes

a fun new adventure each week for children ages 2–5! From art and science to sensory play and creative activities, every class brings something exciting to explore. No enrollment required—just drop in and join the fun!